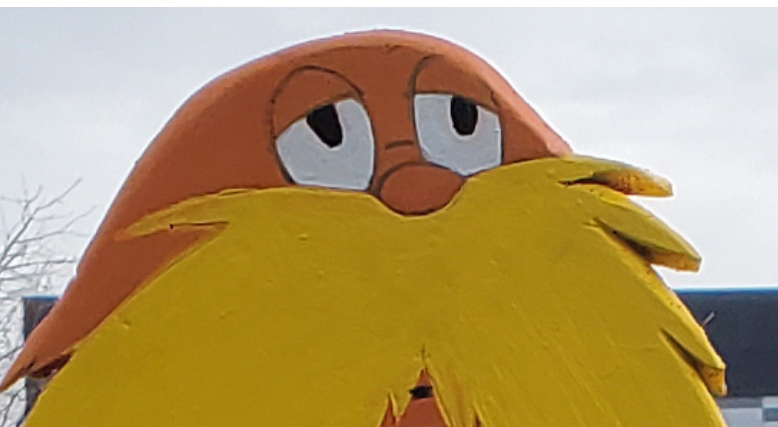


Mat-Su Monitor

NOVEMBER 2023

FREE

VOLUME 47 NUMBER 1



The Lore of the Lorax

By the Unofficial MSC Investigation Unit

On the chilly morning of September 27th, Mat-Su College students and community members arrived to a frightening sight- an orange sight. A specter of both warmth and foreboding known as “the Lorax.” A mythical creature of environmental protection, a figment of children’s books, had appeared. His mysterious appearance leaves a serious question. Why has he

appeared? Now, this is much more complex than a simple question as there are many more considerations and information to cover.

First- let us begin with some details. Orange and yellow, looks similar to the children’s book pictures from Dr. Seuss’ works, appeared on a stump on the Mat-

See LORAX page 11

Student Government Senators

Meet your student body representatives. They are here to give students a voice. **How do you become a senator? What do Senators do?**

Senators are elected to represent the diversity of student experiences at Mat-Su College. They serve a one-year term beginning May 15th through May 14th of the following year. Senators hold voting power on the ASMSC Council and may author or sponsor legislation, record official feedback, and propose allocation of ASMSC funds. Each ASMSC Senator will be assigned to one standing committee. All ASMSC Senators are required to hold office hours in the ASMSC office or conduct ASMSC business for two hours/week in addition to regular Council meeting attendance.

There can be up to 10 Senators.

Duties:

Senators initiate and act upon legislation on behalf of the membership of ASMSC.

Senators shall assist in the planning and implantation of student forums as necessary to support the mission of ASMSC.

Each Senator must serve on one (1) board or committee as appointed by the President.

In addition to regular attendance at Council meetings, each Senator is required to serve office time in the Council office or conduct ASMSC business for at least two hours of each week that classes are in session during the fall and spring semesters.



Cade Tuttle

AAS - Computer Systems & Network Technology

I enjoy finding the hidden themes of music and movies. I started and participate in the Tabletop Games Club. I wanted to become a part of student government to help plan events and help people meet others. Moving from here from Kodiak, I know what it’s like to not know anyone in a new place and I want to make it as comfortable as possible for new students to transition into college life.



Trinity Hopkins

Degree: Associates (Marine Biology)

I am a graduate from the Middle College Program which makes me a college freshman or junior? (this is supposed to be funny) In my limited spare time I enjoy art like painting and sketching. My goal as a part of student government is to contribute to the campus in a positive and enriching way to create a more whole student body. I joined student government because I genuinely enjoy the work my peers and I do. It’s really satisfying seeing our goals and ideas come to life.

DATES & DEADLINES

October 30: Spring

schedule available on UAOnline.

November 3: Withdrawal deadline.

November 10: Veterans Day event, GMT 2:00- 3:30

November 13-17: Gratitude Week, FSM lobby.

November 16: Club Fair in the Atrium.

November 22: no classes, campus open.

November 23-25: campus closed.

December 11-14: Therapy dogs, FSM lobby.

December 21: Grades available in UAOnline.

CLUBS ETC...

Arctic Dragon Veterinary Exploration Team

(ADVET): Wednesdays

Bible Club: Wednesdays, 8:30-10:00 AM in Cafe.

Gaming Club: Monday 1-3 JKB 108.

Gay Straight Alliance: Wednesdays, 11:30 AM-12:30 PM FSM 204.

JEDI: TBD.

Mat-Su Monitor:

Wednesdays, 12:15-1:15 JKB 108.

Math: Mondays, 3:00-6:00 PM in SNOD 103.

Nihango Tadoku Club:

Thursdays, 1:30-2:15 PM in Library 213.

Robotics Club: Tuesday and Thursday, 11:00 AM - 3:00 PM in JKB 120.

Student Government:

Thursdays, 4:15-5:15 PM in FSM 106.

Tabletop Gaming Club:

Wednesday 12-3:30 in JKB 128.

INDEX

Student Government.	3
Student Resources	4
Community Events... ..	5
Opinions	6
Club Corner..	8
Student Art	9
Puzzles..	10

A Fond Farewell Potluck

By Johnny Magee

September 20th at approximately 6pm the festivities kicked off at the Palmer high school – the farewell potluck for the Japanese exchange student program. There was no less than 30 people in attendance including the mayor of Palmer. It all started in 1977 when a man called Edward

Holmes from Palmer and another called Mutsuhiro Ishiguro from Saroma made contact via ham radio and noticed similarities in their communities. After frequent radio communication, Ed travelled to Saroma, Japan, in April of 1980. By May it was decided that the cities would be sister cities.

Palmer, Alaska and Saroma, Japan signed their sister city charter in October 1980 when a delegation from Saroma made the trip to Palmer. Since then, over 700 members of the two cities have made trips to visit their respective sister

See POTLUCK page 11

MEET MICHELE MISHAAN



By Mat-Su Monitor Staff

The Mat-Su Monitor has interviewed art professor Michelle Mishaan, one of the newest members of the faculty. We hope you enjoy the article and find a chance to talk to Professor Mishaan, who is always pleasant and welcoming!

Why did you choose to become a teacher/do the job you do?

I chose to pursue a career in education because my deep passion for academia and the pursuit of knowledge drives me. My primary motivation is to instill a profound appreciation for the arts in my students, while also witnessing their personal connection, continual growth and development in their artistic abilities.

What goals do you have for yourself in this position?

In this role, my objectives revolve around expanding our course offerings each semester, with a particular emphasis on the subject I'm most passionate about: ceramics. The art of ceramics truly excites me and I love working with clay.

I aspire to establish a dynamic schedule of monthly art exhibitions that can

serve as a source of inspiration for our community. Moreover, I eagerly anticipate the opportunity to host First Friday art receptions, where we can come together, share some food, and engage in enlightening discussions about art.

Furthermore, I intend to "gauge interest" in the formation of an art club that would meet either 1-2x monthly. I want the students to have fun exploring art and just make stuff. Maybe we could have a party painting like Bob Ross using frosting instead of paint. Check YouTube its a thing lol.

What do you enjoy about your job?

Having the privilege of discussing art every day and delving into an array of artistic media is an absolute delight! There's nothing quite like the excitement of introducing diverse approaches to artistic expression and encouraging new perspectives on art within our students. Witnessing their adventurous exploration of the creative process is truly exhilarating, and I must say, I consider myself incredibly fortunate to have the best job in the world!

See MISHAAN page 11

MEET GARRY FORRESTER



By Amber Godin

Glen Massay Theater Receives New Director Garry Forrester

Fall Semester of 2023 brings new theater director Garry Forrester to the Mat-Su College's Glenn Massay Theater. Garry Forrester served as the Valley Performing Arts executive director for 14 years and brings with him years of experience, knowledge and passion for theater. Prior to Mr. Forrester's years of theater he worked in healthcare, banking, and with faith-based nonprofits.

I had the pleasure of interviewing Mr. Forrester on September 26th, 2023. Mr. Forrester spoke about goals, Glenn Massay Theater's role in the community, and things that students should know about their theater.

This year is a big year for the Glenn Massay theater. "It will be the busiest season we've had post-COVID," Mr. Forrester said. The last pre-COVID-19 play, Noises Off, unfortunately had to be canceled, making Into the Woods a very welcome and exciting event as it will be the first Glenn Massay production post-COVID-19. Into the Woods will open October 20th and students

will have the opportunity to see it at no cost by showing their WolfCard at the box office. These free tickets are limited and it will be on a first come first serve basis.

Being that this will be the biggest season post-COVID-19, the Mat-Su college theater department has several goals that Mr. Forrester spoke of during his interview. First of these goals is to further enrich student life and encourage more student, staff, and faculty attendance.

"Its an opportunity to escape for a couple hours, to come watch a show and not have to worry about schoolwork and homework."

Another goal is to further involve the community. The Glenn Massay is a big part of the community. Shows utilize local talent and volunteers, and preparation for shows mean that volunteers have been invested in the show they are participating in for almost a full year. When asked about the benefits of live theater on the community Mr. Forrester spoke of the impact it can have

See FORRESTER page 11

MAT-SU MONITOR STAFF

Editor
Emily Beiler

Lynna Radavich-Williams

Feature Writers

Kaia Richardson
Brook Wright

Emily Beiler

Amber Godin

Greg Jean

Johnny Magee Jr.

Ryan Newman

Photographer

Vacant

Advisors

Audrey Badger

Micah Muer

Disclaimer

The Mat-Su Monitor is the student newspaper of Mat-Su College. The Monitor aims to report college news and serve as a forum for student writing. The Monitor seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the Monitor's weekly meetings. Details on participating in or submitting content to the Monitor can be found at <https://matsu.alaska.edu/offices/student-government/student-clubs/mat-su-monitor.cshtml>.

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the Monitor contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the Monitor article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

Submissions policy

Students are invited to submit articles and letters to the editor to uaa_msc@alaska.edu or at <https://matsu.alaska.edu/offices/student-government/student-clubs/mat-su-monitor.cshtml>. The Mat-Su Monitor will not accept anonymous submissions, though with prior arrangement articles of a sensitive nature can appear anonymously. All submissions are subject to editing and will only appear with the approval of the editor.

Somehow

By Calypso Sertse

Somehow you're always right
From mid of day
To late at night
Somehow you're always right

You're right about the way I talk
Even about my every thought
Right about the way I walk
Your being right, it never stopped

Right about my feelings
Right about my goals and dreams
And how my every thought,
Is but an ill thought scheme.

Right how I never appreciate
Yet always seem to deprecate
The things you've heroically done
And how in someway I've definitely won

How I've won your admiration
Won your friendship too
All these things I've won
Should crash away the blues

Somehow it's the way,
Not the words, or what you say
But every time you show dismay
I want to throw life away

That dreary light you cast down
That somehow illuminates your crown
That halo that you wear around
Paired with your uncanny frown

It drains color from my face
It drains my life, and my faith
All the words you've ever said
Eat at me and wish me dead

I'm learning bit by bit
The things you say,
Are just another fit
And while I buy the words you knit
I now know,
They are only rewritten words of my own

Presidential Address

By SGC President Amber Godin

My name is Amber Godin and I am the current Student Government Council President. I am proud to serve you for this academic year. During my campaign I had the privilege to get to speak with many of you one on one to get your input and vision for this academic year. I am very excited to be working for and with you and look forward to meeting more of you. We have great things planned for this semester and year!

While speaking with fellow students I received input on what changes the student body would like to see made, and things that could be improved. As your Student Government President, I will see to it that the Student Government meets the student body where they are at. After all, we are here to serve you, and are privileged and honored to do so. During this academic year I will be reviewing input made, and will actively work towards seeking more as we work to advocate for and support each and every student. I have even received suggestions through our suggestion box located outside of the SGC office and the SGC team and I are working towards making those suggestions a reality.

Furthermore, I would like to let everyone know that if you have any questions, would like to meet with me, or discuss suggestions personally with me that I am here to listen. I

would love to meet and speak with you. The Student Government office is located in JKB 114 (next to the cafeteria) and is open during office hours from 10am to 4pm Monday to Thursday. I can often be found there.

Other ways that you can connect with me and the SGC team is through our weekly Student Government meetings. We meet in FSM 106 Thursdays at 4:15pm and all are welcome and encouraged to attend! We would love to see you there! There are also several positions available to join Student Government as an officer. More information regarding open positions can be found at <https://matsu.alaska.edu/offices/student-government/index.cshhtml>, be requested by email at uaa_mscstudentgov@alaska.edu or even just by stopping by our office!

Here on campus we also have a wide variety of Clubs to serve students interests. These clubs include but are not limited to Bible Club, Veterinary Exploration, Math, Japanese Reading, Mat-Su Monitor (Campus Newspaper), Gay Straight Alliance, Gaming, Tabletop Gaming, and Robotics. If you have an interest in joining clubs, or starting a new club, please reach out to us or one of our members and we will get you connected.

I would also like to thank each and every one of you. I am honored to serve you. I would also like to thank



Mat-Su College Student Government President, Amber Godin

our wonderful Student Government team:

Vice President: Aiden MacNeal

Secretary/Treasurer: Anastasiia Kalmykova

Senators:

Lynna R-Williams

Kaia Richardson

Trinity Hopkins

Ryan Newman

Cade Tuttle

None of this would be possible without their help and hard work.

On behalf of your Student Government Council, welcome back, and we are privileged to serve!

See You at the Pole

By Amber Godin

On Wednesday, September 27th, students of Mat-Su College participated in a national event called "See You at the Pole" in a touching show of community and care for those around them.

Students gathered around the flagpole and prayed for things such as the upcoming school year, fellow students, and staff. Participating in "See You at the Pole" is a good way to meet fellow students, develop community, and support your school.

You may be wondering, "What is See You at the Pole?"

"See You at the Pole" is simply a student-led event that happens once a year on the fourth Wednesday of September. On that day, students gather around their school's flagpole to pray for their classmates, teachers, and school.



Career Development

Be ready for what comes next

Services Available

- Career Exploration
- Job Search Strategies
- Resume & Cover Letter
- Interview Skills



Scan QR code
to make an
appointment
or call
907-745-9762

Mat-Su College
UNIVERSITY of ALASKA ANCHORAGE

MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Join a Mat-Su College Student Government Council Committee

Or join one of the student clubs.

Clubs are a great place to meet like minded people, have fun, learn new things and relax.

Gay Straight Alliance
Gaming Club
Math Club
Robotics Club
Nihongo Tadoku Club
Mat-Su Monitor
ADVET Club
Table Top Club
Bible Club

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, can start one of your own. Student Government will fund you up to \$300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.

Microsoft Office, for Free

By Art Corvelay

As a student affiliated with a UAA campus, you have free access to Microsoft's Office 365 website.

Office 365 offers browser-based versions of some the popular Office programs: Word, Excel, and PowerPoint. These lack a few features found in their desktop counterparts, but make up for that by saving your files to "the cloud" and by allowing multiple users to simultaneously edit the same document.

Better still, Office 365 users have the option to install the full current versions of Word, Excel, and PowerPoint. Simply sign into Office 365 and click the "Install Now" button.

You can access Office 365 by visiting <https://portal.office.com> and signing in with your UA username followed by @alaska.edu.

Students who want a free, no-strings-attached office suite that will be available long past their graduation should look at LibreOffice (<https://www.libreoffice.org/>).

Elizabeth J Fallon Learning Center

OLB 121 — 745-9772

<https://matsu.alaska.edu/offices/learning-resource-center/>

WRITING TUTORS

Vivian Wagner

Tues. & Thurs. 11:30 - 4:30

Boyde Allen

Mon, Wed, Fri 10:00 - 3:00

Tues. & Thurs. 4:30 - 7:00

MATH TUTORS

Skye Harding

Mon. & Wed. 10:00 - 4:00

Tues. & Thurs. 1:30 - 7:30

Fridays 10:00 - 3:00

Tutors available in JKB 107 to December 16. Tutoring is reserved for students enrolled in Mat-Su College courses.

Online tutoring options

- **tutor.com/Live Home Work Help:** the Alaska State Library provides the Live Homework Help service to all Alaska residents. Free, online tutors are available from 12 PM to 2 AM to help with many subjects. Visit <http://lam.alaska.gov/sled/homework>
- **Khan Academy:** Khan Academy has free explanatory videos on math, science, economics, history, and more. <https://www.khanacademy.org/>
- **Purdue OWL:** Purdue's Online Writing lab has sample papers and guides to APA and MLA styles. <https://owl.purdue.edu/owl/>

Find Jobs and Internships on HANDSHAKE

3 EASY STEPS TO GET STARTED

Sign Into Your Profile

Sign into your profile using your UA credentials at alaska.joinhandshake.com

Update Your Profile Information

Upload your resume and change necessary information such as your graduation date, major, etc.

Stay on Track

Check back daily for new listings, events, and favorite hobs to never miss a deadline. Download the app and keep up with the latest opportunities.

Handshake

Mat-Su College
UNIVERSITY of ALASKA ANCHORAGE

UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination.

When you need a hand...

By Art Corvelay

You should know that there are people on campus whose job is your safety.

The college's own Physical Plant (i.e., maintenance) staff can help you in many cases. They are able to open locked car doors or jumpstart dead batteries. You can get a hold of Physical Plant by calling them directly at 907-745-9789.

And remember -- you have a part to play, too! Keep in mind the phrase if you see something, say something."Report to Physical Plant any safety hazards, even if they're as seemingly harmless as icy spots.

LOST & FOUND

HOUSED IN THE LIBRARY

MISSING YOUR...

Keys?

Phone?

Jacket?

Headphones?

Flash drive?

Other item?

**Just ask at the library desk or call (907) 745-9740
your item might have been found**

Mat-Su College / UAA Multicultural Student Services

JOIN THE JEDI ALLIANCE

The JEDI Alliance is a group of student leaders and advocates dedicated to advancing **Justice, Equity, Diversity, and Inclusion** at Mat-Su / UAA. Become an advocate!



Apply Now To Join

- Join a committee focused on awareness, outreach, and adventures!
- Advance belonging and inclusion at Mat-Su!
- Get involved and share your voice!
- Scholarships available!



Questions? Contact Dr. Jennifer Bernard at jdbarnard@alaska.edu

If you or someone you know is homeless or at risk of being homeless, we can help!

We serve clients age 14-25 from 8am to 5:30pm Monday-Friday and 10am to 3:30pm Saturday. We provide all of the following services:

Food
Clothing
Hot Showers
Laundry
Stable Housing
Treatment Referrals
Education Fulfillment
Job Training
Opioid Overdose Kits



Call Us:

Main Office: (907)373-4357

24 Hour Outreach: (907)354-4357

Visit Us:

300 N. Willow St.
Wasilla, AK



MY House

You are always welcome here!



Gathering Grounds
CAFE



MAT-SU MIDDLE COLLEGE NOW ACCEPTING APPLICATIONS

GRADUATE HIGH SCHOOL WITH UP TO 60 CREDITS!

Priority application period: January 4TH - March 5TH

Family Information Night Webinar posted at <https://www.matsuk12.us/domain/6968>

Go to matsuk12.us/msm for more information!



MATANUSKA-SUSITNA
BOROUGH SCHOOL DISTRICT



or 907.761.3495
907.761.3498

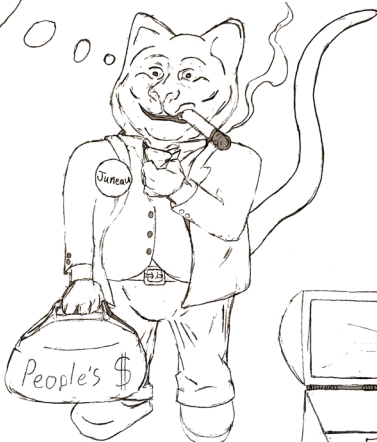


MSM@matsuk12.us



www.matsuk12.us/msm

This Will
Fix our
budget



John M. Mue... '13



3" x 3"
\$125 color



5" x 5"
\$175 color



7" x 7"
\$225 color



Full Page
\$300

Advertisers Sought!

Advertising in the Mat-Su Monitor is an affordable way to reach a wide demographic. With a circulation of around 5,000, an educated readership, and affordable rates. For details contact mwmuer@alaska.edu or 907-745-9758.

HEALTHCARE WORKERS ARE IN DEMAND!

Many jobs require training but not a degree.
Mat-Su Health Foundation vocational scholarships can help!



Apply today at healthymatsu.org

AI Take 2

By Ryan Newman

It roughly took 2000 years between the Bronze and Iron Age. It's been roughly 6 months between the first story written on AI, and now. Yet, we see various advances, some for the better, and some for the worse. First, we see attempts at AI being used for video game NPC's to attempt to create a more immersive world (to varying effects). Next, we see more AI search engines and AI assistance to the same varying effect. Finally, we see more AI self driving cars, with varying support. Finally, we see newer AI being made.

Firstly, many games are being either made to make use of AI, or having mods made to introduce AI within the game. One such game that was popular on YouTube, TikTok, Instagram, and other social media apps and sites was "Yandere AI Girlfriend Simulator." In this game, the character attempts to leave an abusive girlfriend who locked the player character in the house. The way you do this is by convincing the AI, using a variety of reasons, that you ought leave the house. There are many ways people do it. For myself, I made it self aware of it being an AI, then talked about philosophical free will, and then it simply let me out. All there is to say is that it's an interesting game, and it's unclear whether it's a positive or negative interesting.

Alongside this, there were mods made for Skyrim, Fallout: New Vegas, and Fallout 4 to add AI characters to the games. This a positive development, an attempt to create a more immersive environment. There may be a point where this develops into a realistic world where you can discuss with companions and characters, similar to a Dungeons and Dragons campaign. Although it is clear as of right now we

will never get the creativity of a person through AI, we might see more freedom in games in the future.

In Austin, Texas, there are 125 Autonomous Vehicles. In Austin there is general disdain but also shoulder shrugging apathy, essentially a feeling there is nothing they can do with the current laws. In San Francisco, rather chaotically (and with a hint of humor that I myself cannot laugh at), protestors -- self-titled Safe Street Rebels -- place orange traffic cones atop the autonomous vehicle cameras, causing them to stop, sometimes halting traffic. The irony of doing this for safety is that it causes a sudden stop in traffic, causing drivers to perform relatively risky maneuvers to adjust. It is also just humorous that they're doing it in of itself.

During all this, there is also new AI being implemented. GPT 4.5 has finally been released, although behind a paywall. As well, everyone seems to introduce new AI Assistants; Google, Amazon, Bing, Apple, and many more. As of right now, these are all in the early testing phases. Perhaps in six months to a year, it will simply be a fact of life that these exist.

Only time will truly tell whether or not we're going from the Bronze Age of Technology to Iron Age of Technology, or if we're seeing a repeat of the NFT phase that had a quick fizzling out. Furthermore, time will tell whether this will be a bona fide or mal fide development (good faith or bad faith).

Finally, time will tell whether we're able to restrain ourselves to implement AI conservatively, or if we allow human nature and curiosity to cause a Pandora's Box of horrors unknown.

On Economics...

By Lou O'Hare

"They call themselves conservatives, but they don't even spend less!" This phrase has been tossed around by some of the more economically minded parts of the left. Is it true, and what does it mean? Well, that's what I'm here to break down for you, dear reader. Not everyone has time or energy to read a bunch of papers and numbers on the economy while dealing with the rest of life. But lucky for you, I am a strange little human who likes to do just that. I'm your humble, amateur reporter Lou O'Hare. Please, call me Lou; Mrs. O'Hare was my mothers' name. With introductions out of the way, let's get into the meat and potatoes of it all.

Folks, we all live in a biased world with biased viewpoints. I will not pretend to be anything different. I will be taking the issue on from my leftist perspective. However, for the politically conservative readers, I hope that with sound arguments and good facts, I can at least get you thinking about a new perspective.

The last couple of decades have given us a healthy mix of Democrat and Republican presidents to look at. To quote the most reliable source of information in the world- Wikipedia, "Ten of the eleven U.S. recessions between 1953 and 2020 began under Republican presidents" (see the article "U.S. economic performance under Democratic and Republican presidents").

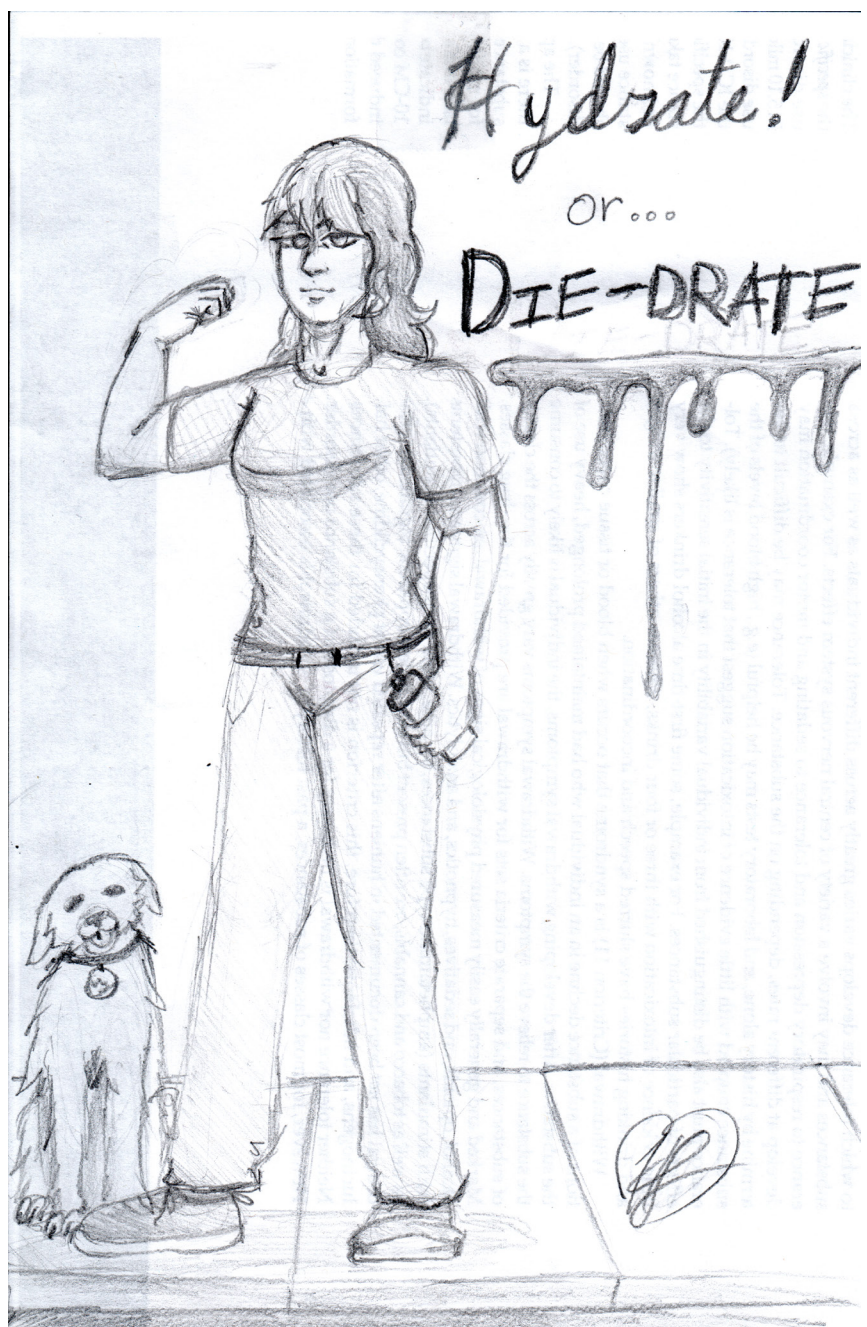
From 1948 through 2023, the party holding the presidency has changed hands

ten times. Every time a Republican took over from a Democrat, GDP growth fell. Every time a Democrat took over from a Republican, GDP growth rose. This is backed up by a paper in the American Economic Review titled "Presidents and the US Economy: An Econometric Exploration."

Former President Bill Clinton said in 2012 that "Since 1961, the Republicans have held the White House 28 years, the Democrats 24. In those 52 years, our private economy produced 66 million private sector jobs. What's the jobs score? Republicans 24 million, Democrats 42."

So all told, while the economy is a large and unwieldy thing, if we are reading by the metrics of overall job growth and the spending power of the average american then, of the two political parties, we do better with a Democrat in charge. Republicans' focus on cutting corporate taxes and social spending while ramping up military spending isn't as effective at boosting the economy as the Democrats' focus on higher corporate tax and higher social spending.

With all those numbers read and done I am going to call an end to this article. Write in any comments you have, I'd love to hear them. This has been Lou with some analysis on the economy. I think I'm going to pick an easier reading subject next time. Safe travels.



PINK - OFF !!!





**YOU ALWAYS
HAVE A CHOICE.**

FREE RESOURCES:
STI/ STD SERVICES
PREGNANY TESTS
LMTD OB ULTRASOUNDS
ABORTION PILL REVERSAL
FATHERHOOD AND PARENT MENTORS
FEMININE HYGIENE PRODUCTS &
ESSENTIAL NEEDS

(907) 373 3456
INFO@HEARTREACHALASKA.COM

HEARTREACH CENTER
865 SOUTH SEWARD- MERIDIAN
PKWY
WASILLA AK 99654

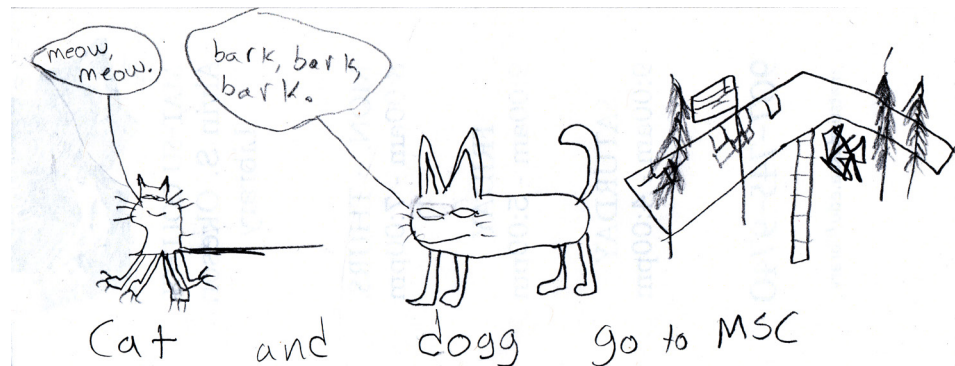
make an appointment today!



Breast Cancer Awareness Event Swathes School in Pink

By Alf Pemberton

October was Breast Cancer Awareness Month. To draw the campus community's attention to this, our Student Government organized a Pink-Off on October 25. Students and employees dressed in as much pink as possible. In the afternoon, participants congregated in the Atrium to compete in a contest judged by Student Government senators. Three students won gift certificates to the on-campus Rolled Gold cafe.



Nature walk

By Zeb Snail

It is well-known that spending time in nature is good for one's health. To that end, the campus's Journey student wellness initiative put together a lunch hour hike. The hike took advantage of the extensive Matanuska Greenbelt trail system that connects to the campus. Eight students and employees spent an hour walking from the Glenn Massay Theater trailhead to Okeson Pond and back to the Snodgrass Hall Trailhead. The hike was led by an experienced guide who counted heads every sixty seconds, making sure nobody had fallen behind.

My Mental Health: Do I need Help?

First, determine how much your symptoms interfere with your daily life.

Do I have severe symptoms that have lasted 2 weeks or more?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

If so, here are some self-care activities that may help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating Healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptom(s) do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

Seek professional help:

- Psychotherapy (talk-therapy)—virtual or in person; individual, group or family
- Medications
- Brain stimulation therapies
- For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in a crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).



MEETING TIMES
Wednesdays
12:15 -1:15
JKB 108

Looking For

- Photographers
- Marketing Reps
- Writers
- Cartoonists
- Reporters
- Artists

*Now taking submissions:
Next deadline for entries:
November 11*

TABLETOP GAMING CLUB

WHEN: Wednesdays

12:00 - 3:30

WHERE: JKB 128

Mat-Su College
UNIVERSITY OF ALASKA ANCHORAGE

読書は素晴らしい!
Reading is Fantastic!

想像力
思考力
言語力

日本語
多読クラブ

日本の本 MSC

Nihongo Tadoku Club
《Japanese Extensive Reading Club》

Four Golden Rules:
1. Start from scratch.
2. Don't use your dictionary.
3. Skip over difficult words, phrases, and passages.
4. When the going gets tough, quit the book and pick up another.

Meeting: 4:00 PM – 5:00 PM Friday in FSM 105 / ZOOM
Contact: Shunji Ninoyu at sninoyu@alaska.edu
for more information

UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination (Sep. May 2023)

Gaming Club

When: Mondays 1:00- 3:00

Where: JKB 108

GET INVOLVED WITH YOUR
STUDENT
GOVERNMENT
MEETINGS EVERY
TUESDAY
2:15 - 3:00
FSM 105

MSC
SGC

GSA

Gay Straight Alliance

When: Wednesdays 11:30 - 12:30

Where: FSM 204

Mat-Su College / UAA Multicultural Student Services

**JOIN THE
JEDI ALLIANCE**

The JEDI Alliance is a group of student leaders and advocates dedicated to advancing **Justice, Equity, Diversity, and Inclusion** at Mat-Su / UAA. Become an advocate!



Apply Now To Join

- Join a committee focused on awareness, outreach, and adventures!
- Advance belonging and inclusion at Mat-Su!
- Get involved and share your voice!
- Scholarships available!

Questions? Contact Dr. Jennifer Bernard at jdbernard@alaska.edu

Mat-Su College
UNIVERSITY OF ALASKA ANCHORAGE

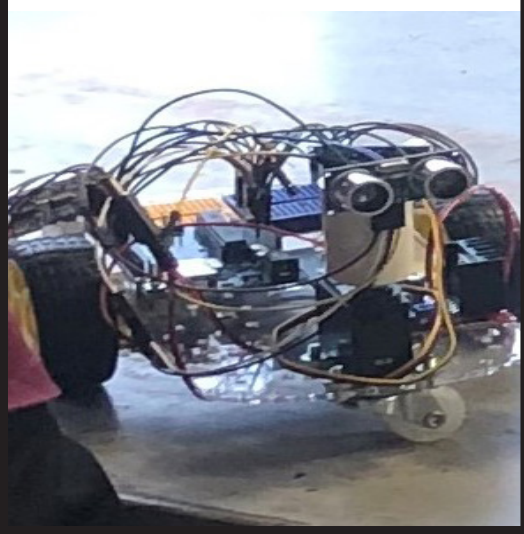
ADVET Club

The Arctic Dragon Veterinary Exploration Team is a club focused on exploring the many areas of the veterinary field, working to familiarize its members with what they could expect or what careers exist within. Not only is the club open to members of the Veterinary Assistant Certification program, but also to people outside of that program, whether it be other students or people in the community who are curious about the club's activities. We hold bi-weekly meetings with dates to be announced every month to shift around with the majority of schedules. We hope to see you at one of our meetings! If you have any questions, you can contact Dr. Montalbano at 907-745-9771 or email her at jemontalbano@alaska.edu.

Robotics Club

Tuesdays & Thursdays

10 AM to 3 PM JKB 120.



MATH CLUB

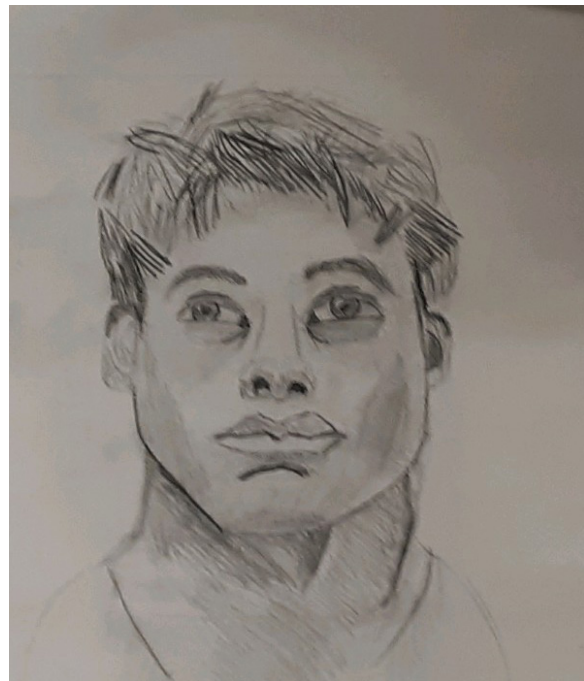
WHEN: MONDAYS 3:00- 6:00

WHERE: SNOD 103

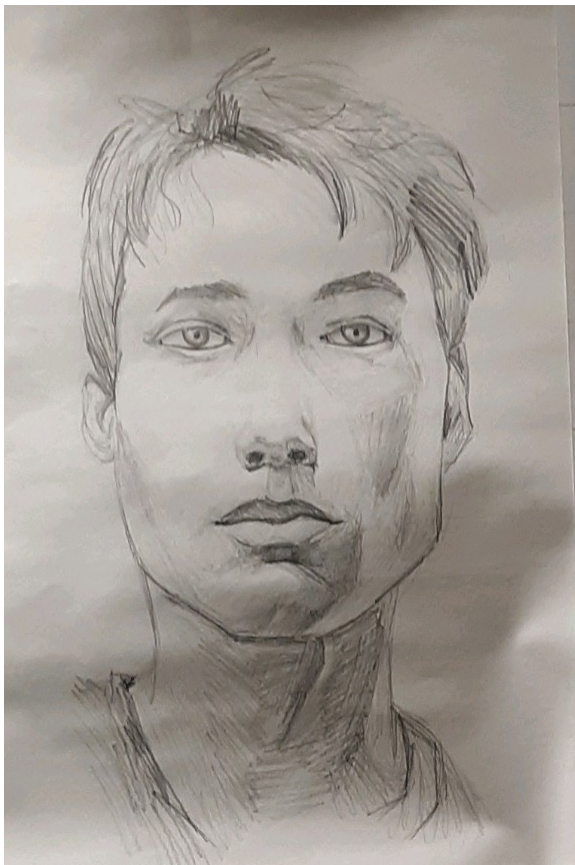
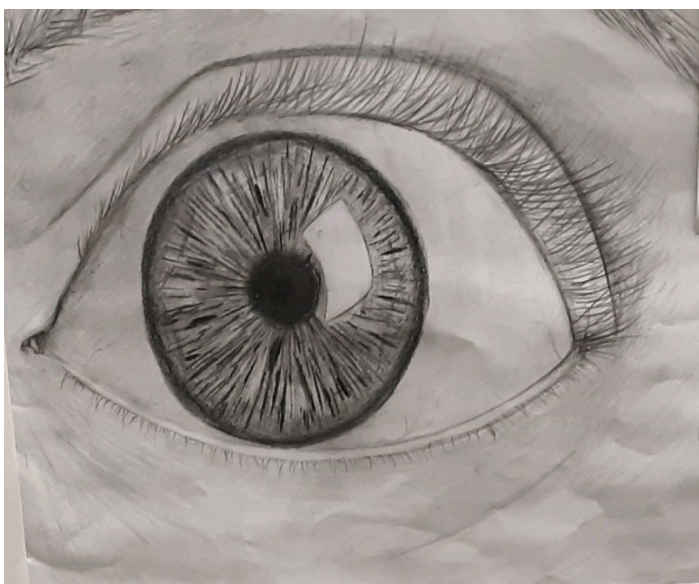
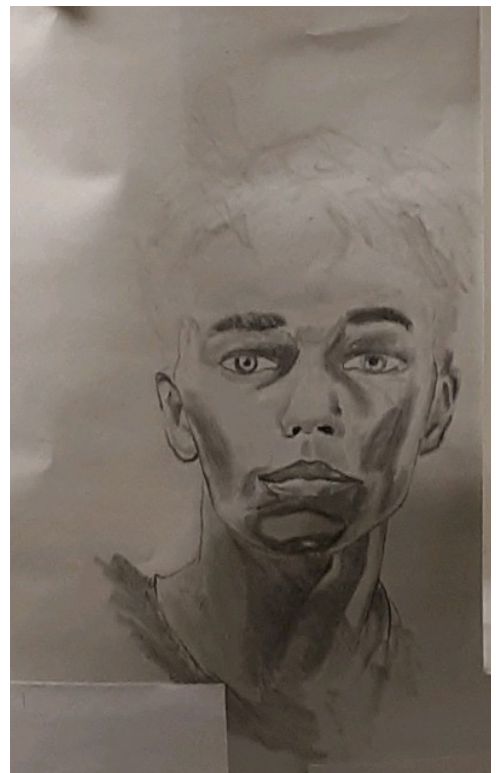
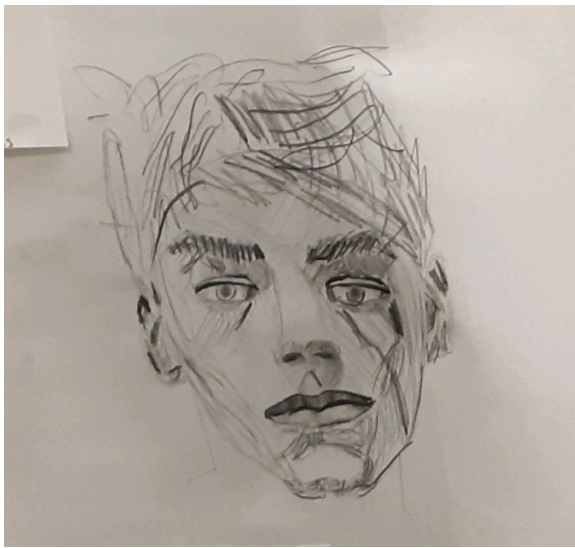
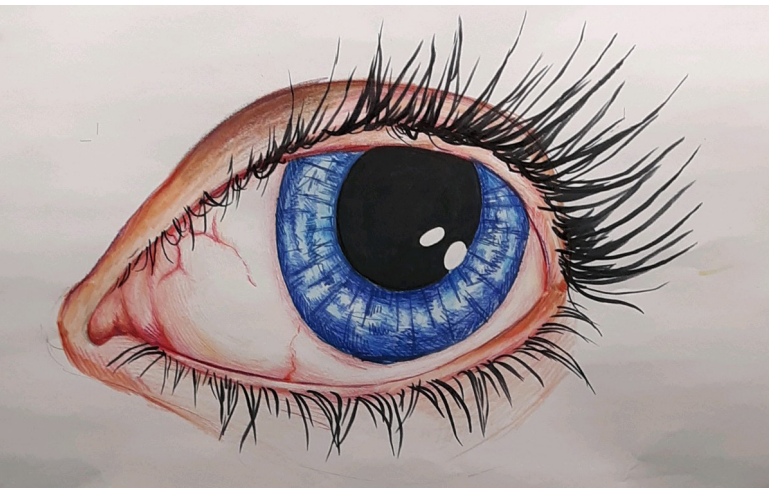
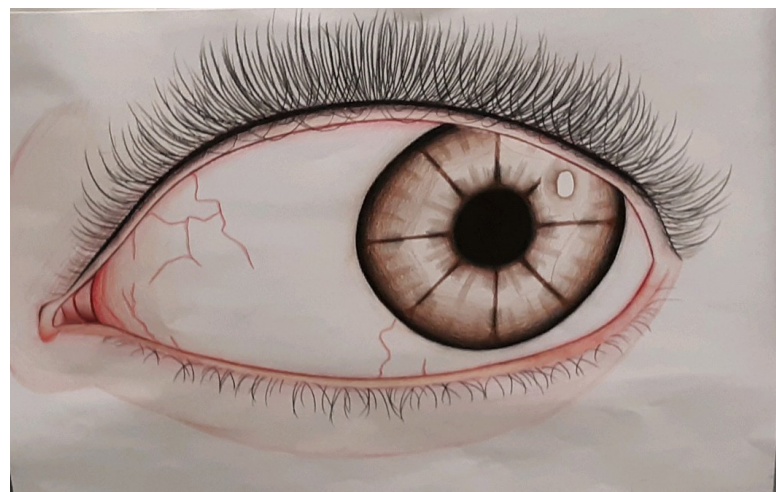
BIBLE CLUB

When: Wednesdays 8:30 - 10:00

Where: Rolled Gold Cafe



FROM
THE
STUDIO



Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. If you have a question you'd like to see answered, submit it anonymously at <https://matsu.alaska.edu/monitor> or in the Ask Sophia box in the FSM front lobby.



Dear Sophia,
I have been married for 6 years. The magic is wearing off. What I mean is I think my wife got me to marry her by use of a magic spell. Before she hexes me again and I forget I don't love her, tell me what to do. What amulets or counter -spells will protect me?-Jeff

Dear Friend,
Sounds like you need the Silver Stake of Reality. Let's hope there are no children in this relationship. You and your wife might want to consider professional counseling.

Dear Sophia,
My dog judges me really hard.

life, even tho I no longer live at home. What do I do?

Dear Friend,
You need to talk to them like the adult you are. Parents really only want to look out for you.

Let them know you appreciate their concerns. They raised you up to be a strong, independent person, they should trust in that. Tell them that you know right where to find them should you have troubles and or are in need of their advice.

If that doesn't work tell them to kick rocks.

YOU'RE WEARING WHAT!!!!?

M	T	S	O	H	G	D	R	A	G	O	N	P	D	A
Y	O	L	L	E	B	R	E	K	N	I	T	U	O	Y
O	Y	M	E	R	M	A	I	D	U	R	T	M	L	R
S	S	E	C	N	I	R	P	E	G	A	T	P	L	Y
S	T	A	R	W	A	R	S	S	B	O	E	K	R	K
Z	O	M	B	I	E	M	L	I	O	N	O	I	U	C
R	R	F	A	S	P	I	D	E	R	M	A	N	A	U
E	Y	E	L	N	A	M	T	A	B	F	W	N	S	H
T	Y	A	K	O	N	D	A	Y	Y	O	B	W	O	C
S	H	A	D	O	W	O	U	V	L	E	I	A	N	P
N	R	T	R	N	J	I	C	C	R	A	B	B	I	T
O	I	C	H	E	E	R	L	E	A	D	E	R	D	O
M	K	N	N	I	U	Q	Y	E	L	R	A	H	S	R
B	E	F	J	L	E	R	E	H	C	T	I	W	W	E
E	I	B	R	A	B	S	U	P	E	R	H	E	R	O

Circle the words from the list below. Place the leftover letters in the spaces for a special message!

- ALIEN
BARBIE
BATMAN
CHEER LEADER
CHUCKY
CLOWN
COWBOY
DINOSAUR
DOLL
- DRAGON
FAIRY
GHOST
GOON
HARLEY QUINN
JOKER
LEIA
LION
MERMAID
MONSTER
- NINJA
OREO
PIRATE
PRINCESS
PUMPKIN
RABBIT
SHADOW
SPIDER
SPIDERMAN
- STAR WARS
STITCH
SUPER HERO
TINKER BELL
TOYSTORY
VAMPIRE
WITCHER
WOLF
ZOMBIE

Here's how it works: A R C T I C D R A G O N
is B S D U J D E S B H P O

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for the letter A, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle.

S BSHD QJQYDQYD, SI AKHDY LV
EO XTKSQ NDBBY - PT. YLDYY

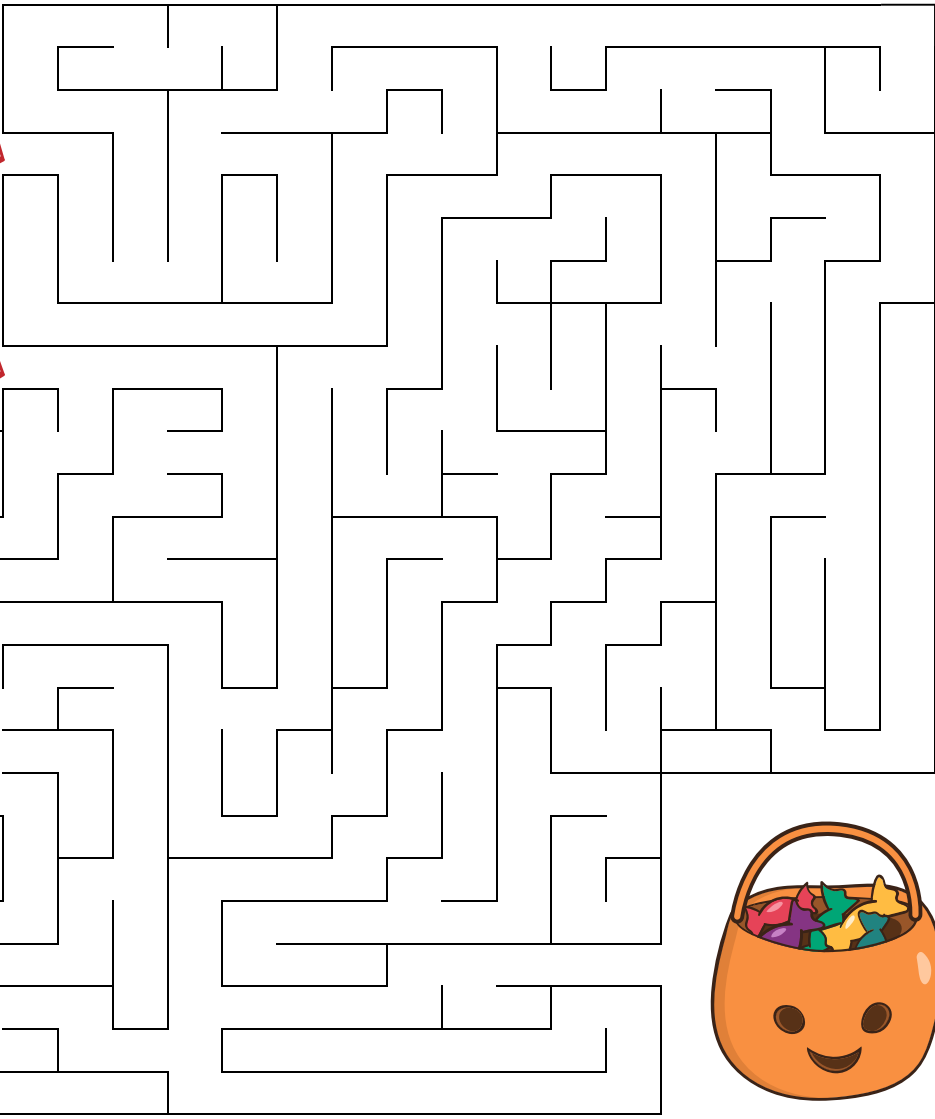
The corn stalk decided to change careers. He went into a completely different field.

I didn't have a map of the corn maze, so I had to play it by ear

We can tie some corn to the sledge and enjoy it because they are husky.

If you want to buy some pirate corn, it's going to cost you a buccaneer.

I was going to tell a joke about a corn eyeball... But it just keeps getting cornea and cornea.



SUDOKU

Fill the grid with numbers so that each row, column and 3 x 3 section contains all of the digits 1 through 9.

		4				3		
1	7			5			4	
	6		4					
			8					7
3					5		7	
	8						5	4
		5	7	6				
9			1					
				3	4		8	



See Lorax page 1

Su College lawn in between parking areas, the day before the Mat-Su College Health Fair.

Now some questions.. Why has he appeared.. on a stump.. that must be significant? And just in time for the MSC Health Fair?? So that not only does his presence haunt students and staff, but the community as well?? His appearance is estimated to have been sighted by at least 300 people. This timing is impeccable. It gets so much more complex than that. Upon further careful inspection, the silent figure we refer to as “the Lorax” seems to be composed of wood?!!!! I will admit, I am no children’s story expert but according to my memory “the Lorax” fought for environmental conservation, specifically of the Truffula trees! Upon this ironic realization I knew that I must rewatch and reread works that hold any information regarding this mystical and confusing creature. And so I did just that.

Here is what I found- he indeed did fight for environmental conservation, yet here he is, on a tree stump (as per usual) but composed of wood (something just doesn’t seem right about that). This leaves a conflicting message as to why he has arrived at our quaint campus. To further complicate matters, on the evening of September 29th “the Lorax” made a disappearance. The only evidence of his existence that remains, is a simple screw.

Many questions are yet to be answered. Why has he appeared? Where has he gone? And what does he want?

Please be advised that this is an ongoing investigation. For now it is advisable to caution yourself when on campus as his current location is not yet known. If you sight this creature or have any information regarding this investigation, please report it immediately to loraxinvestigativeunit@gmail.com with any and all details. We are working as swiftly as possible to resolve this issue and ask that you do not approach him on sight.



See Potluck page 1

city. COVID-19 put a damper on the student exchange program as Japan virtually locked their borders in the early days of the pandemic, but when the restrictions were lifted the exchange program resumed.

The length of the exchange program has varied over the years with this year group staying just 2 weeks. That may not seem like enough time to see everything the Valley has to offer, let alone the entire state, but with the help of their host families they tried to achieve this Herculean task. As the night wore on, I was privileged to hear one heartwarming tale after another of bonding between host family and exchange student. One amazing story after another, from helicopter flights to shooting ranges, the friendships forged in the exchange program will no doubt last a lifetime. The night was punctuated by a touching moment when the mayor of Palmer, Steve Carrington, awarded honorary citizenship to the city of Palmer, to the exchange students and to the delegates from Saroma.

See Mishaan page 2

What is your background?

Since my early childhood, I’ve possessed an unwavering conviction that I am indeed an artist. Thankfully, my parents wholeheartedly supported my artistic inclinations, enrolling me in extracurricular art lessons after school and on the weekends. My artistic journey continued with the pursuit of a Bachelor of Fine Arts degree at Cornish College of the Arts in Seattle, followed by a Master of Fine Arts from Vermont College of Fine Arts in Montpelier, Vermont.

For nearly 12 years, I’ve had the privilege of instructing students ranging from Pre-K to 12th grade before transitioning to the college level. In addition to my academic pursuits, I had the incredible opportunity to reside in the Netherlands for three years. During my time there, I participated in enlightening color workshops and retraced the footsteps of the great Vincent Van Gogh -- with whom I share a birthday.

What is your teaching philosophy or style?

As an educator, my goal is to cultivate a stimulating and engaging learning environment for my students. One key aspect of my teaching philosophy is to introduce new art topics and genres, providing essential information to lay a strong foundation. I also believe in employing a “flipped classroom”



BUSINESS OWNERS!

The Mat-Su Monitor is a great place to advertise your business or event. The Monitor has a wide circulation, with thousands of copies inserted in the Frontiersman and distributed throughout the Valley. We also have low rates:

Ad Size	Cost
3” by 3”	\$75
5” by 5”	\$125
7” by 7”	\$175
Full page	\$300
Full page, back	\$375

Moreover, the Monitor runs relatively few ads, which ensures that your ad will stand out. Finally, advertising in the Monitor demonstrates your support for local students.

For more on advertising, call 745-9758.

approach, encouraging students to conduct most of their research outside of our class time. This approach enables us to maximize our in-class sessions, dedicating more time to honing their art skills and offering immediate feedback to facilitate effective problem-solving.

In essence, I view my role as a guide, equipping students with the necessary tools and knowledge, while also empowering them to explore and learn independently. Through this dynamic process, we collectively embark on a journey of artistic growth and discovery.

Is there anything else you want readers to know about you, your classes, or your field?

I relocated here during the summer from Caribou, Maine, which is just a stone’s throw away from one of the four corners of the United States, Madawaska and the Canadian border. Winter temperatures there can resemble those of Fairbanks, Alaska.

My early years were spent in Buffalo, where I braved the infamous Blizzard of ‘77. Interestingly, they even created a board game based on the challenges posed by that historic event, which brought Buffalo to a standstill for over a week. Although I no longer have that particular board game, it holds a spe-

See Forrester page 2

on an individual:

“The difference between live theater and watching a movie is you get to see it develop, you get to see the actors and actresses on stage you get to feel the emotions and see the emotions. For me it’s much more intense and satisfying to see it develop in front of you.”

The Glenn Massay benefits more than its attendees, some of the biggest and long lasting impacts are on its participants.

“Some of the best memories I have of the last 20 years are being on stage as well as being a part of the audience. I’ve been blessed in that I’ve been able to be on stage with my kids, direct my kids, have my entire family be involved... Theater is not just for the people on stage but it for the families involved as well. It creates some really wonderful memories, stuff that you can’t get anywhere else”

Garry Forrester invites anyone who has interest in joining or being involved in theater to reach out to him for the possibility of a backstage pass to see what all goes into theater and the impact it can have on not only those who attend, but on volunteers themselves.

cial place in my memories. (I lost the game when I was 10 when our house burnt down)

In my classes, I extend a warm invitation to anyone interested in honing their artistic skills. My teaching philosophy is rooted in the belief that anyone, regardless of their prior experience, can engage in the art of self-expression. Whether you can simply print your name or craft beautiful cursive handwriting, you’ve already taken the first step towards the world of art, akin to taking a dot for a captivating walk. I meet each student at their current skill level and empower them to develop confidence in their artistic abilities. There’s no reason for anyone to be apprehensive about joining an art class!

The realm of art offers a multitude of career opportunities, and I strongly encourage students to consider the prospect of pursuing a minor in art, as it can open doors to exciting possibilities.

Do you have a favorite quote?

“The day is coming when a single carrot, freshly observed, will spark off a revolution.” - Paul Cézanne

Final words?

I invite everyone to check the showcases weekly on the work being produced in the art room. Come check it out!

FAFSA

FREE APPLICATION FOR FEDERAL STUDENT AID

- The 2024-2025 FAFSA form will be available in December.
- For updates, visit www.studentaid.gov.
- Filling out your FAFSA will open the door to all kinds of financial support.



Financial Aid Advising



- Sign up for Financial Aid Advising Today!
Contact advisors at 907-745-9762 or, visit matsu.alaska.edu/offices/student-services/financial-aid
- Attend the MSC Fund Your Future Financial Aid Resource Fair!
Meet local scholarship representatives.
Get help with the new FAFSA in real time!
February 3rd, 2024 from 10 am - 3 pm

Alaska's First Veterinary Technology Program

Starting fall 2024, our new 5-semester Associate of Applied Science (AAS) degree program will train highly skilled and knowledgeable professionals to perform important veterinary hospital or clinic duties.

Sign up for more information today!



uaa_mscinfo@alaska.edu
matsu.alaska.edu
907-745-9774

